

February Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/seniorservices

Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter-FrederickCountyMD)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk *. Activities are subject to change. Lunch is served at Noon each day. Reservations are required at least 48 hours in advance.</p>			
4 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:15 Book Club: "The Reckoning" by John Grisham	5 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 4:30 Center is Closed 5:00 *Supper Club: Peking Gourmet	6 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Nutrition with Thu: Healthier Heart 12:15 *Yoga 1:00 Cards/Games	7 9:30 Strength Training 10:45 Daily Exercise 11:15 Safety Minute "Fire Prevention & Safety" 1:00 Cards & Games 1:30 *Line Dancing
11 Nutrition Minute "Chocolate & Your Heart" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub 1:00 Let's Connect: Memory Writers Group	12 Nutrition Minute "Chocolate & Your Heart" 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 6:00 *Tasty Tuesday: Sustainable Diets	13 Nutrition Minute "Chocolate & Your Heart" 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 Chat with Joy: Veterans Information 12:15 *Yoga 1:00 Cards/Games	14 Nutrition Minute "Chocolate & Your Heart" 9:30 Strength Training 10:45 Daily Exercise 11:00 Blood Pressure Screening Noon *Valentine's Lunch with Nurse Steve Nurse Steve's Talk: "Why am I still awake" 1:00 Cards & Games 1:30 *Line Dancing
18 Health Education 101 "Don't Let the Blues Win" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Teens Teach Tech	19 Health Education 101 "Don't Let the Blues Win" 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper: Fried Chicken 6:00 *Inside Scoop: Neurology Rehab	20 Health Education 101 "Don't Let the Blues Win" 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 12:15 *Yoga 1:00 Cards/Games 1:30 *Mushroom Cultivating	17 Health Education 101 "Don't Let the Blues Win" 9:30 Strength Training 10:45 Daily Exercise 1:00 Cards & Games 1:00 *Movie Matinee: "Loving" 1:30 *Line Dancing
25 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi	26 9:30 *Grandparenting 101 9:30 Daily Exercise 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Supper 6:00 Cards and Games	27 9:30 Daily Exercise 10:00 Bridge 10:45 Daily Exercise 11:30 *Balancing Acts 12:15 *Yoga 1:00 Maryland Opera: Marian Anderson	28 9:30 Strength Training 10:45 Daily Exercise Noon *Baked Potato Bar 1:00 Cards & Games 1:30 *Line Dancing
<p>Lunar New Year Celebration, Sunday, February 10, 1:00-3:00 pm See flyer for more details!</p>			

(see other side for program highlights)